

## Kentucky Bicycle and Bikeway Commission Grant Program Application Checklist

The Kentucky Bicycle and Bikeway Commission Grant Application should include the following:

Grant Application Form

Organization Financial Statements (previous two years, if available)

Proof of Organization status (Kentucky tax-exempt certificate, or non-profit corporation certificate, organization articles of incorporation, organization by-laws, etc.)

A detailed, current budget of project or program for which funds or services are to be requested. This includes itemized documentation as to how the requested funds will be used. Include information on other funding sources, including other foundations applied to for funding. Include information as to how the organization or agency will measure the results of its program or project.

Written confirmation of donations or other funding for the remaining balance of the project, provided by the proper official and/or contributor

A detailed, written description and confirmation from contributors of in-kind contributions

Additional information about your organization include history, promotional literature.

A copy of the Public/Private Partnership agreement signed by both the individual and a representative of the public agency, if applicable.

**RECEIVED**

OCT 03 2016

**Div. of Planning**

**The Kentucky Bicycle and Bikeway  
Commission  
Grant Program Application  
Form**

**Name of Organization:** City of Somerset and Pulaski County Working on Wellness Coalition

**Address:** 306 E Mt Vernon St

**City:** Somerset **State:** KY **ZIP Code:** 42501

**Phone:** (606) 679-1860 Jason Weatherford or Patricia Burton 606-679-4416

**E-mail:** jweatherford@cityofsomerset.com or Patricia.burton@lcdhd.org

**Contact Person:** Jason Weatherford- Title: Parks and Recreations Director

Patricia Burton- Title: Working On Wellness Coalition Coordinator

**Brief Description of Your Organization and Its Goals and Objectives:**

Pulaski County Working on Wellness Coalition developed a Community Health Improvement Plan in 2014 that was generated by the Community Health Assessment with the City of Somerset being a coalition member alongside several other community stakeholders. Pulaski County Community Health Improvement Plan Goal: Pulaski County will increase the number of youth and adults who engage in regular physical activity. Objective: Develop and adoption of City of Somerset Bike/Ped plan. Goal with this grant is to help promote City of Somerset Bicycle & Pedestrian Mater Plan to community and increase physical activity and ensure safety education for bikers and pedestrians. At least 220,000 people visit Rocky Hollow per year per Rocky Hollow Parks and Recreations.

**Project for which funding is requested:** Somerset Bicycle & Pedestrian Share the Road Project

**Amount Requested:** \$8,263.25 **If approved, funds are needed by what date?** January 2017

**If approved, the check should be disbursed to:** City of Somerset Attn: Jason Weatherford

**Address:** 306 E Mt Vernon St

**City** Somerset **State** KY **ZIP Code** 42501

**Federal ID #** 61-6001914 **or Social Security #** \_\_\_\_\_

Attach a brief description of project: Include:

(a) How this program or project fits the purposes of Kentucky Bicycle and Bikeway Commission Grant

Program vision statement

(b) If this is a new project or program or a continuation of an existing one

(c) Who will be responsible for the project or program?

(d) If the request is for a onetime project or for an ongoing program.

(e) Describe the system(s) to be put in place to measure the results of the program.

## **Project: Somerset Bicycle & Pedestrian Share the Road Project**

To educate and inspire the community to become more active, to propel forward the Somerset Bicycle & Pedestrian Master Plan (a part of the Pulaski County Community Health Improvement Plan and Healthy People 2020 goals/objectives project), and to encourage Somerset/Pulaski county residents to share the road project.

How this project fits the purposes of Kentucky Bicycle and Bikeway Commission Grant Program Vision Statement will be: To inform and educate the citizens of Kentucky and promote general public awareness within the Commonwealth of Kentucky to the health, recreational, economic, social, cultural and other benefits arising from bicycling and waling. Al to to promote other bicycling and pedestrian related non-profit, educational and purposes as deemed appropriate by the Commission.

This is a new project that will be ongoing with the funding granted for community to access the bikes and educational materials. The City of Somerset and Working on Wellness Coalition will be responsible for the project.

### **Features of our program will include:**

- 1) Kosair's/Norton's Children Hospital Bike Safety Rodeo: The bike rodeo for Somerset/Pulaski county
- 2) Kentucky State Police Safety Training: KSP Officer Billy Gregory will help to facilitate and lead community through Road Safety training.
- 3) Community accessible bicycles made available at Rocky Hollow Park & Recreation Center. The starter grant funded fleet of Rocky Hollow bikes will include limited mobility Trikes "Triton" for senior citizens and special needs children, as well as bicycles for able-bodied persons.
- 4) Video with Roger's Explorers and Scholars in conjunction with the Kentucky State Police officer, Billy Gregory about Bike and Pedestrian Safety. This video will be given to area schools along with pre/post-test surveys to measure learning outcomes, number reached, and allow students to take the Pulaski Share the Road Safety initiative by signing their name to the official Share The Road Banner.
- 5) For the first 100 children who attend and complete Bike Safety training at the Share the Road Kickoff event/at Rocky Hollow will receive a free bicycle helmet.
- 6) Adult participants who also complete this training will receive official Share the Road gear, a safety/green enhanced visibility shirt with Share the Road logo.
- 7) A business card "pocket reminder" will be created with Share the Road information about safety and correct hand signals will be distributed at the Kickoff event, as well as in the Road safety educational kits given to the schools.
- 8) The City of Somerset will present and display their Somerset Bicycle and Pedestrian Master plan at the Kickoff event

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## Partnering organizations

**Working on Wellness Coalition members:** Coalition Member's time to coordinate project and events. Working On Wellness board member volunteer hours attending and assisting with Bike Rodeo events, ect (value \$3,600 for 18 volunteers at estimated \$20.00 per hour). High visibility shirts will be given to community increasing awareness of importance of visibility during biking and walking while reminding community to share the road.

**City of Somerset:** presenting and display Somerset Bicycle and Pedestrian Map & Master plan at Kickoff event. Tours of Rocky Hollow Promoting and assisting coordination of event. (Please find attached Somerset Bicycle and Pedestrian Map & Master plan) [www.cityofsomerset.com](http://www.cityofsomerset.com)

**Pulaski County Extension Office:** Provide education on healthy snacks and nutrition. Assistance with Coordination and publicizing event

**The Center for Rural Development/Forward In the Fifth:** Create pre and post survey or bike/pedestrian safety based on. <http://transportation.ky.gov/share-the-road/Pages/default.aspx>

**The Center for Rural Development:** Roger Scholars In-kind video recording of bike/pedestrian safety.

**Lake Cumberland District Health Department:** Assistance with Coordination and publicizing event and providing 100 reflective bracelets. Collaborating efforts of Community Action Plan and Community Health Assessment.

**Ky State Police:** Billy Gregory educate on road safety when biking and walking.

**Kosair's/Norton's Children's Hospital:** Bike Rodeo and safety education. Program focuses on educating children grades 3-5. There will be 8 training sessions provided by Kosair's/Norton's Children's Hospital. Each session lasts 40 minutes, (no more than 25 participants/session). Doug Beckhert Instructor.

**Rocky Hollow Park and Recreation:** Will provide facility for Kick-off event, and housing of bicycle fleet, will manage free rental of fleet bicycles at Rocky Hollow Park and will display Share the Road Banner with community pledge signatures.

**Rite Aid:** Assistance with Coordination and publicizing event to collaborate with: Wellness Warriors Walking Group at Rocky Hollow. Meets Every Tuesday at 9:30 am and provides on-going education with weekly events.

**Commission for Children with Special Health Care Needs:** Assistance with coordination and publicizing event with family with children with special health care needs.

**Somerset Community College:** Educate community on school campus bike and pedestrian routes/paths along with coordinating and supporting event.

**Lake Cumberland Regional Hospital/Senior Friends:** Provide cardiopulmonary information on benefits of regular physical activity and screenings. Promote event with Senior Friends Group introducing the triton bikes for seniors and all ages.

**Cumberland Foot and Ankle:** Assistance with Coordination and publicizing event and education session on proper foot-wear and walking techniques and will be on-hand to answer occupational therapy and physical therapy questions.

**Ky Cancer Program:** Assistance with Coordination and publicizing event along with protection with sunscreen and appropriate dress.

**HANDS program:** Home Visitors taking out estimated 184 homes currently enrolled in the Pulaski County HANDS program educating on helmet safety and road safety. Assistance with Coordination and publicizing event. Total

estimated 184 homes with average 4 people in home= 736 education encounters. Evaluated by pre and post test.

**Family Resource (Pulaski, Science Hill, Somerset School systems):** Assistance with Coordination and publicizing event

**Chamber of Commerce:** Assistance with Coordination and publicizing event, will serve as a recruiter for businesses and families for health information and health education sessions at the Share the Road Kickoff event, the Chamber will also be given access to the educational video from Rogers' Scholars and Center for Rural Development to share with community members.

**Ky Transportation Cabinet:** Education on road signs and proper hand signaling. Assistance with Coordination and publicizing event.

**Aging Council:** Assistance with Coordination and publicizing event

**Adanta Regional Prevention Center:** Assistance with Coordination and publicizing event.

**People For Bike:** Spokesperson, Chris Schmidt share how biking got him into shape. Your Body on Biking.

**Pulaski Fiscal Court:** Assistance with Coordination and publicizing event. Sharing updated parks and trails in County.

**Projects Budget:**

Item	Number to be purchased	\$ Amount	Total spent	Funding Source
Adult trikes 20 inch MOBO adult Triton  Walmart	2	\$399.99	\$800.00	Grant
Youth trikes MOBO youth Triton 16 inch  Walmart	2	\$299.99	\$600.00	Grant
Kids bicycles 20 inch Monster  Walmart	6	\$69.00	\$414.00	Grant

Adult 26" Roadmaster bicycles	6	\$79.97	\$479.82	Grant
Walmart				
Helmets for Rocky Hollow	12	\$5.00 helmet estimate from Pro Rider	\$60.00	Grant
Prorider				
Educational Cards	2500	\$62.70 estimate on 2500	\$62.70	Grant
Business cards (2X3.5)				
Vistaprint				
T-Shirts	500	\$6.50	\$3250.00	Grant
Magic Monogram				
Banner	1	\$84.00	\$84.00	Grant
Vistaprint				
Education Video	1	\$1500.00	\$1500.00	In- Kind Center for Rural Development, Kentucky State Police, Rogers' Scholars
The Center For Rural Development				
			<b>Total</b> \$7,795.52	
Administrative Costs	(6% of grant funds)		\$467.73	<b>Total Cost: \$8,263.25</b>



City of  
**Somerset**  
*Kentucky*

September 30, 2016

City of Somerset Rocky Hollow is part of Working On Wellness Coalition and is supportive of the Somerset Bicycle & Pedestrian Share the Road Project. This project will help increase community awareness and education on becoming more physically active along with safety and promote the Somerset Bicycle & Pedestrian Master Plan with increase venues of physical activities available.

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City of Somerset

A handwritten signature in black ink, written over a horizontal line. The signature is cursive and appears to start with a large 'C'.

Working On Wellness Coalition